



[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>
<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance.            \$4.80 per person per meal. Milk, juice and bread are offered each meal. <b>Menus are subject to change.</b></p>				
<b>October 29</b> Tossed Salad Meatloaf with gravy Whipped Potatoes Peas and Pearl Onions Fresh Fruit Cup	<b>October 30</b> Vegetable Soup Cucumber Salad Ham Steak Baked Sweet Potato Cauliflower	<b>October 31</b> Beef Pepper Steak Grilled Vegetable Salad Rice Baby Carrots Lima Beans	<b>1</b> Southern Fried Chicken Baked Beans Roasted Potato Wedges Green Peas Broccoli Salad	<b>2</b>  <b>Center is Closed</b>
<b>5</b> Mushroom Lentil Soup Marinated Cucumbers Chicken Kabob Rice Pilaf Sautéed Spinach Chocolate Cake	<b>6</b>  <b>Closed Election Day</b>	<b>7</b> Caesar Salad Chicken Tenders Fingerling Potatoes Steamed Cauliflower Peaches	<b>8</b> Bean and Bacon Soup Catch of the Day Seasoned Potatoes Baby Carrots Sautéed Zucchini Fresh Fruit Cup	<b>9</b>  <b>Center is Closed</b>
<b>12</b>  <b>Closed Enjoy the holiday</b>	<b>13</b> Tomato Cucumber Salad Roast Turkey w/cranberry Whipped Potatoes Sautéed Collard Greens Lima Beans Blueberry Pie	<b>14</b> Split Pea Soup Roast Chicken Sweet Potato Fries Steamed Broccoli Fresh Fruit Cup Multigrain Roll	<b>15</b> Greek Salad Roast Beef Sandwich on whole wheat French Fries Green Beans Apricots	<b>16</b>  <b>Center is Closed</b>
<b>19</b> Three Bean Salad Beef Tips with Egg Noodles Braised Red Cabbage Lemon Squares Chilled Peaches	<b>20</b> Creamy Coleslaw BBQ Pork on Bun Baked Beans Garden Blend Vegetables Fruit Cocktail	<b>21</b>  <b>Brunch: Omelet Bar</b> Omelets made to order Other Brunch Items	<b>22</b>  <b>Closed Enjoy the holiday</b>	<b>23</b>  <b>Center is Closed</b>
<b>26</b> Tossed Salad Meatloaf with gravy Whipped Potatoes Peas and Pearl Onions Fresh Fruit Cup	<b>27</b> Vegetable Soup Cucumber Salad Ham Steak Baked Sweet Potato Cauliflower	<b>28</b> Beef Pepper Steak Grilled Vegetable Salad Rice Baby Carrots Lima Beans	<b>29</b> Southern Fried Chicken Baked Beans Roasted Potato Wedges Green Peas Broccoli Salad	<b>30</b>  <b>Center is Closed</b>

# Urbana Senior Center

## Congregate Meals Information

### Dates and Times

Monday-Thursday (excluding holidays)  
Meals served at Noon

### Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.  
Cancellations may be made up to 24 hours in advance.  
Register in person at the Center or call 301-600-7020.

### Cost

The cost is \$4.80 per participant per meal.  
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.  
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

### Payment

Checks should be made payable to "Frederick County Department of Aging".  
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

### Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at [www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa) . The menus are subject to change.

### Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 2:00 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

### Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.